

# WELL-BEING TOOLKIT

Centre for Counselling Services  
Taylor's University





# INTRODUCTION

Hello to the Taylor's community!

As we each walk our unique paths, whether you're pursuing your degree or progressing in your career, you'll experience a range of emotions—moments of excitement, quiet days, and at times, a few challenges. This is a natural part of the journey. It's important to remember that, along with the happy moments, there may be times when things feel a bit overwhelming. Prioritizing your mental well-being is key for both students and staff alike.

Caring for your mental health not only helps you manage stress but also enriches your time here at Taylor's. Let's support one another in seeking help when we need it, and know that it's perfectly okay to reach out. Together, we can build a caring community that truly values and nurtures everyone's mental well-being.

## WHY?

Good mental health is key to having a fulfilling college or university experience, as it influences your ability to learn, process emotions, and manage both the positive and challenging feelings that come with life. It also plays an important role in how you build and maintain meaningful relationships with others.

In a university setting, these abilities are especially important, as students often face common stressors like striving for academic success, adapting to being away from home, navigating conflicts with peers, adjusting to expectations, transitioning through life stages, and even managing financial pressures.

But having good mental health doesn't mean you won't face difficulties. It means you are equipped to face those challenges in a healthy way. To help you manage before things feel overwhelming, here are some tips and signs to look out for that can support both your work and your emotional well-being!



*Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.*



# UNHEALTHY MENTAL HEALTH



## EMOTIONAL SIGNS

- Becoming easily frustrated and irritated
- Feeling bad about yourself (low self-esteem, worthlessness etc.)
- Feeling more nervous or anxious than usual
- Finding less enjoyment or dreading doing things you used to enjoy
- Feeling lonely

## PHYSICAL SIGNS

- Having low energy
- Headaches or dizziness
- Stomach pains, nausea, diarrhea
- Being sick more often than usual
- Tense and sore muscles
- Irregular menstruations



## COGNITIVE SIGNS

- Inability to focus
- Racing thoughts
- Being forgetful and disorganized
- Focusing on mostly the negativity in life
- Difficulties in doing easy tasks
- Constant worrying





# HEALTHY MENTAL HEALTH



## EMOTIONAL SIGNS

- Able to find value in the work that you do
- Being patient
- Able to accept negativity without it significantly affecting you
- Being grateful
- Hopeful

## PHYSICAL SIGNS

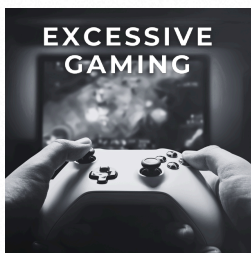
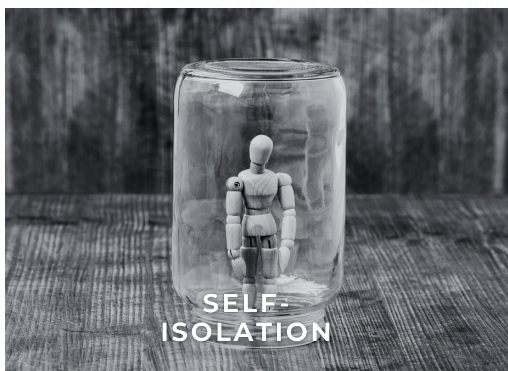
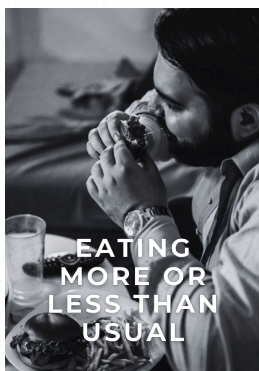
- Able to keep up with deadlines
- Being able to set boundaries/ say no to additional responsibilities when you are too busy/ stressed
- Socially connected to people who make you happy/ help keep you calm



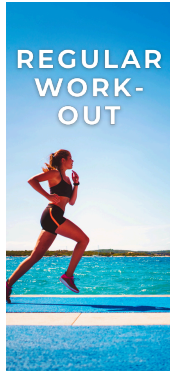
## PHYSICAL SIGNS

- Being able to look at the big picture.
- Motivated
- Able to concentrate and pay attention

## UNHELPFUL COPING STRATEGIES



# HELPFUL COPING STRATEGIES





## SELF-CARE IS NOT:

✗ **Overspending**

✗ **Binge-eating / binge-watching  
(television/internet)**

✗ **Participating in  
activities that provide  
instant gratification**

✗ **Going on expensive and  
lavish vacations**

✗ **Perfecting oneself by any  
means necessary**

✗ **Numbing bad feelings  
using alcohol or  
substances**





# WHAT SELF-CARE ACTUALLY IS:



✓ EXERCISING  
REGULARLY



✓ EATING HEALTHY  
FOODS

✓ FOSTERING AND  
MAINTAINING  
HEALTHY  
RELATIONSHIPS



✓ GETTING GOOD-  
QUALITY SLEEP



✓ SEEKING  
PROFESSIONAL HELP  
WHEN YOU NEED IT



*Self-care*  
IS EMPOWERMENT

# COPING TECHNIQUES



Here are some relaxation and grounding techniques to help you calm down when you are feeling overwhelmed or having racing thoughts so that you can be in a better state of mind to handle your issues.



## DEEP BREATHING (BOX BREATHING)

Long breathe in on the count to 4

START  
HERE

**Step 1:** Place one hand on your chest and the other hand on your stomach (below your ribcage)

**Step 2:** Focus your sight at the top-left corner of the box ("start" sign). Breathe in slowly through your nose. You should feel your stomach rising with your hand as you do this and you should feel it fall towards your spine as you breath out through your mouth. Once you get the hang of breathing with your stomach rising, start breathing by inhaling through your nose, as you trace the arrows on top edge, counting to 4.

**Step 3:** Hold the air in your lungs as you move down the right side, counting to 4.

**Step 4:** Breathe out slowly through your mouth as you trace the arrows bottom edge, counting to 4.

**Step 6:** Hold your lungs empty as you move up the left side, counting to 3.

**Step 7:** Repeat steps 3-6 for 4 or 5 cycles and then you should take a break and breathe as you normally do for a minute or two. You may continue to try again after the short break if you feel the need.

Long breathe out on the count to 4

Hold again on the count of 4

Hold your breath on the count to 4

## GROUNDING TECHNIQUE



### 5-4-3-2-1 TECHNIQUE

Do some deep breathing first to help you return to a calmer state. Next, Acknowledge :

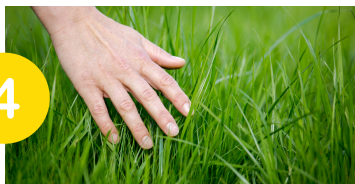


5

things that you  
**see** around you  
(pen, painting,  
book etc.)

things that you  
can **touch** around  
you (your chair,  
your shirt etc.)

4



3

things that you can  
**hear** (a moving car,  
air conditioner,  
birds chirping etc.)

things you can  
**smell**. (soap,  
plastic, pillow,  
coffee etc.)

4



1

thing that you can  
**taste**. What does  
the inside of your  
mouth taste like?



# WE ARE HERE FOR YOU!



## WALK IN

### Centre for Counselling Services (CCS)

Block A, Level 2, next to Campus Central

## TO MAKE AN APPOINTMENT:

- **E-mail** to  
counsellor.lsc@taylors.edu.my
- **Fill up your details** at  
<http://bit.ly/33sEc6G> or
- **Call us** at 03-5629 5022/ 5024/ 5025/  
6791

